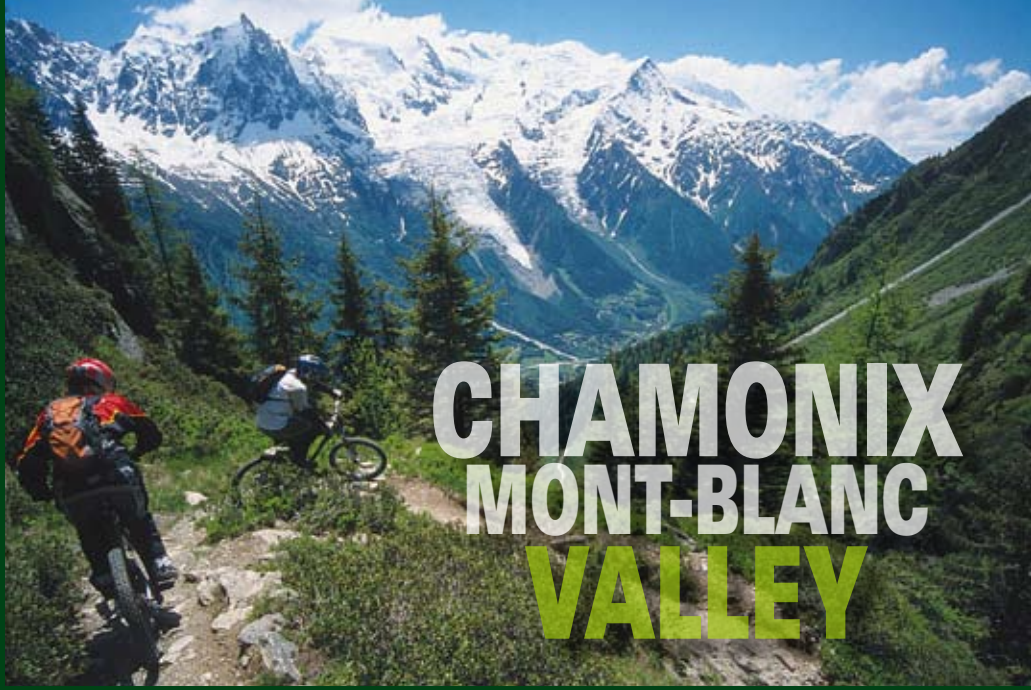
LAPIERRE®

MTB Trails



CHAMONIX MONT-BLANC VALLEY

Servoz

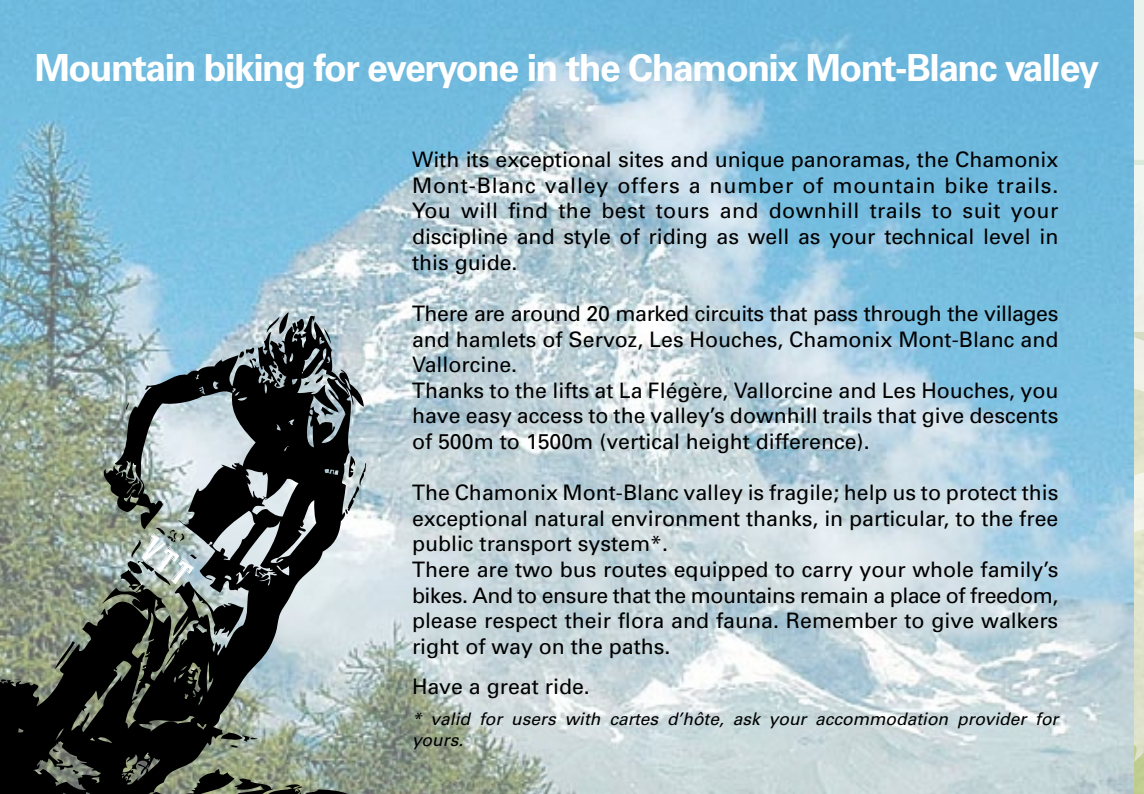
Les Houches

chamonix MONT-BLANC

VALLORCINE

Vallée de Chamonix Mont-Blanc

Mountain biking for everyone in the Chamonix Mont-Blanc valley



With its exceptional sites and unique panoramas, the Chamonix Mont-Blanc valley offers a number of mountain bike trails. You will find the best tours and downhill trails to suit your discipline and style of riding as well as your technical level in this guide.

There are around 20 marked circuits that pass through the villages and hamlets of Servoz, Les Houches, Chamonix Mont-Blanc and Vallorcine.
Thanks to the lifts at La Flégère, Vallorcine and Les Houches, you have easy access to the valley's downhill trails that give descents of 500m to 1500m (vertical height difference).

The Chamonix Mont-Blanc valley is fragile; help us to protect this exceptional natural environment thanks, in particular, to the free public transport system*.
There are two bus routes equipped to carry your whole family's bikes. And to ensure that the mountains remain a place of freedom, please respect their flora and fauna. Remember to give walkers right of way on the paths.

Have a great ride.

** valid for users with cartes d'hôte, ask your accommodation provider for yours.*

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ésope création chamonix - esope@esope.eu

Cover : Photo de Luca Masserini

Photos and illustrations © Mario Colonel, Monica Dalmasso, Pascal Tournaire, Raphaël Castéra, Lapierre.

Good riding code

- **Respect pesdestrians and the highway code**.
- **Use marked tracks,** for your own safety and respect private property.
- **Wear a helmet**.
- **Show care and courtesy** when overtaking or if you come across pedestrians.
- **Fit a warning bell or horn to your bike**.
- **Use suitable equipment**. Check the condition of your bike and carry food and spares for repairs.
- Don't over-estimate your capabilities. **Keep control of your speed**.
- **Respect nature** (fauna, flora...), the environment (sign-posts, private property...) and keep the mountain clean - take rubbish with you. Close gates. Be discreet in your behaviour.
- **Don't take short-cuts**, Which churn up the ground, channel rain water and damage the paths, which are difficult to maintain in any case.
- **The weather** in the monutain can change suddenly.
- If you go alone, **leave your route-plan with someone**.
- **Make sure you are insured.**

Captions

Forest trails and ski pistes section.

Boundaries of Nature Reserves.

Connection road.

Tarmacked road.

Railway line.

River/stream.

Mountain hut and 'stopover' gîte with warden.

KEY TO SIGNS

Safety markers

These markers are to be found all along the trail and are numbered in descending order. N°1 is at the very bottom! The background colour reflects the difficulty code of the trail. Numbers for Information and the emergency services can be found on the borders of the notices.

Danger markers

These markers indicate a particular danger requiring you to be vigilant. The pictogram and the sign tell you the nature of the danger. In all cases, slow down and be alert. Numbers for Information and the emergency services can be found on the borders of the notices.

Prohibition markers

These markers indicate that an activity is specifically prohibited. The pictogram will tell you what is prohibited.
It is important that these are obeyed to ensure the continued existence of the mountain bike area. Numbers for Information and the emergency services can be found on the borders of the notices.

MTB trails from 1 July to 31 August

Municipal bylaw 124/2004
(route marked and maintained from 1 May to 1 November)

Municipal bylaw 239/2006 of 21 June 2006
(reglementation of the pratical in the nature reserves)

Municipal bylaw 2651/2010 of 2nd July 2010
(reglementation of downhill trails run)

Cross Country		Downhill trails
	Easy level	
	Intermediate level	
	Difficult level	
	Expert level	

Over road.

BIKE PARK — For practicing MTB techniques.

Uphill

Downmhill

Length in km

Approximate length of route

Safety

- **Signals for requesting help :**

Request for help :

> **OUI-YES-JA-SI** : Raise both arms to form a Y-shape with the body.
Red cloth with a white circle in it.
A red flare.

No need for help :

> **NON-NO-NEIN-NADA** : The two arms form a diagonal with the body.

- Call-out **24H/24 call 112**
- Alert possible in all wardened huts and ski lifts which have radio equipment.
- In case of accident :

- Give assistance, then give the alert (precise location of the accident and type of injuries of the victim).
- When the helicopter arrives, make the signals for requesting help. Put away anything which could blow away (helmet, bag, clothes…)
- At night or in trees : shout, whistle, signal with lights.
- In all cases, remain calm and give the alarm clearly to ensure efficient and rapid assistance.

***Rescue* 112**

Servoz - Les Houches

Routes described start from Servoz Maison de l'Alpage. There are also signs from the Servoz SNCF station in the hamlet 'Le Lac'.

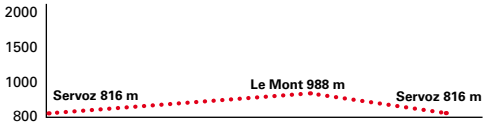
1 - Les Combes

4 km **1 h 30** , ↗**+ 50 m**

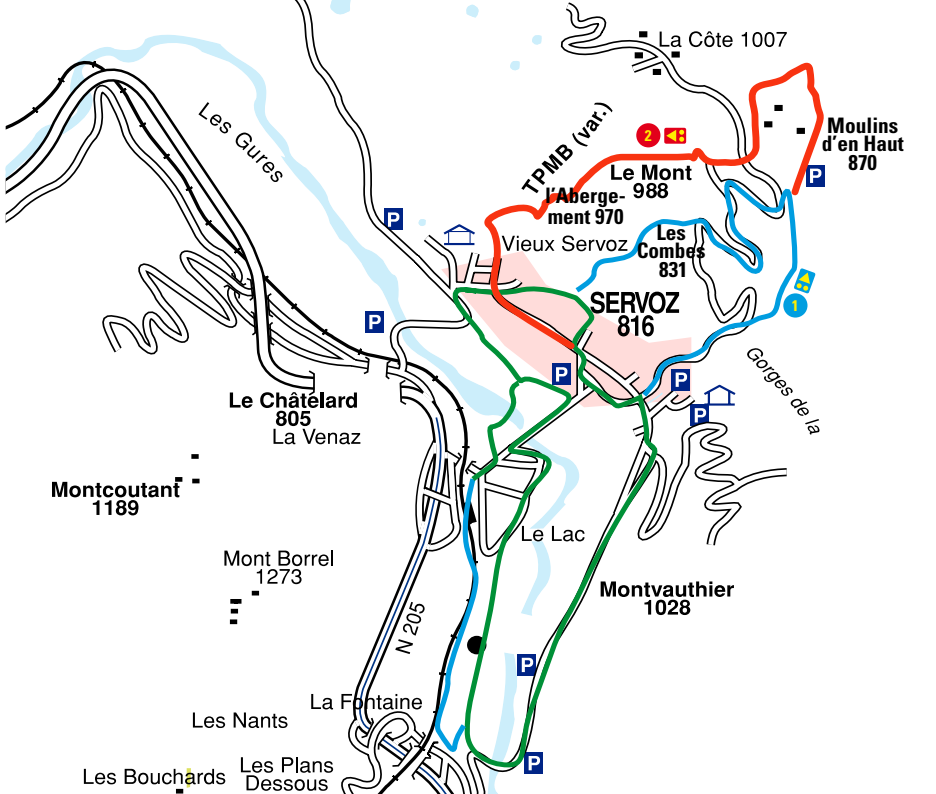
Start: Maison de l'Alpage > follow the dirt track that goes past the school, then take the road for around 400m > at the bend left in the road, take the path that crosses the meadows heading north (take care at the park) > arrive in Les Combes (850m) then turn left onto the road that crosses through the hamlet (take care : poor visibility!) > in front of the Oratoire (chapel) turn left and then right > descent: take care, it is quite steep > Servoz, main village > cemetery > pass church, arrive at Maison de l'Alpage.

2 - Le Mont

6 km **2 h 00** , ↗**+ 190 m**



Start: Maison de l'Alpage > go to Moulins d'en Haut (870m), pass through the hamlet > cross the Torrent du Souay (river) > follow the path to the junction with the Chemin de Pormenaz (980m) > take the path on the left and cross the Souay once again > arrive in Le Mont (988m) and descend through the hamlet on the tarmacked road as far as the fountain > turn right to l'Abergement (970m) > go through the woods towards the 'vers le Beu' path > descent: take care, it is quite steep > Vieux-Servoz > pass church, arrive at Maison de l'Alpage.



Servoz - Les Houches

Routes described start from Servoz Maison de l'Alpage. There are also signs from the Servoz SNCF station in the hamlet 'Le Lac'.

3 - Château Saint-Michel

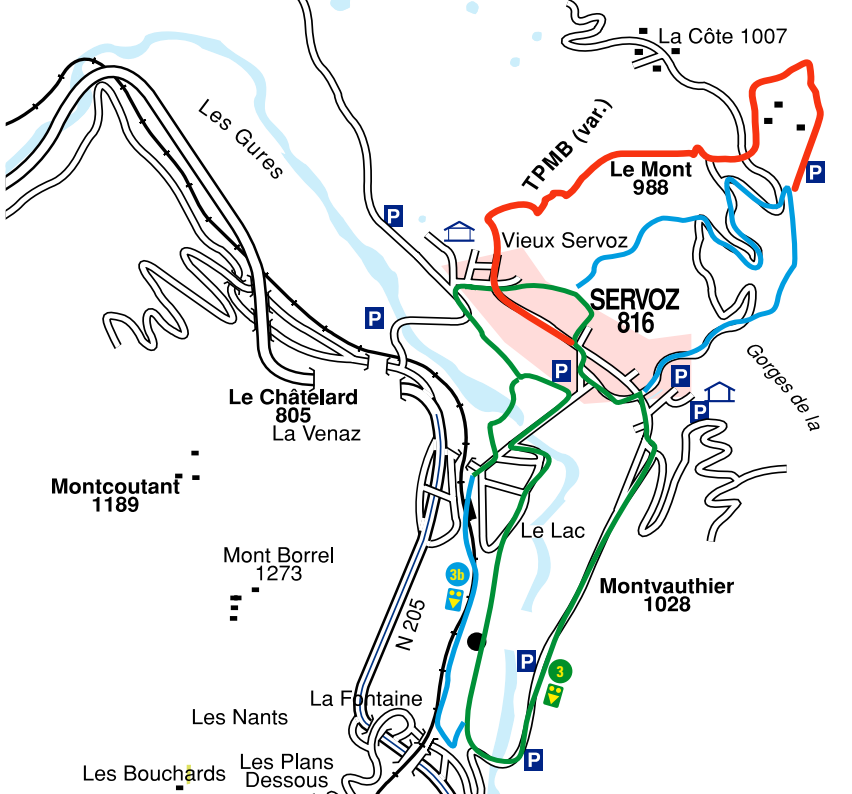
6 km **1 h 30** , ↗+ 60 m

Start: Maison de l'Alpage > Torrent de la Diosaz (river) > Plaine Saint Jean > Montées Pellissiers bridge > in front of the 'Racines' shop turn right > climb up left via a dirt track > Chapelle du Lac > ride along the Arve (river) > cross the départmentale (Broad) > ride along the right bank of the Arve > take the Pont des Lanternes (bridge) > go through Vieux-Servoz > pass church, arrive at Maison de l'Alpage.

3b - La Fontaine variant

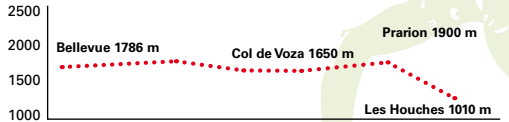
1,5 km **30 mn** , ↗+ 50 m

In the area known as Les Montées Pellissiers, after a 50m climb up a dirt track, take the track on the left > turn right before the tarmacked road to 'La Fontaine' > descend in the direction of the village of Le Lac > SNCF station > Servoz, follow signs for the green circuit taking the road known as the 'Avenue de la gare'.



4 - Col de la Forclaz par la Charme

2 h ↗+ 280 m ↘- 1090 m

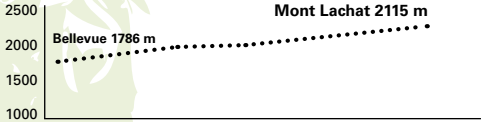


Identical to the descent as far as the Col de Voza. From here you climb to Prarion meadows on the 4x4 track as far as the junction marked La Charme. In the La Charme meadows, which have a splendid open view over the Mont-Blanc plain and the Contamines-Montjoie valley, follow the easy 4x4 track, which is flat at first, the descends to Plancert drag-lift corner pylon. From here, you climb to the Col de la Forclaz by a forestry track.

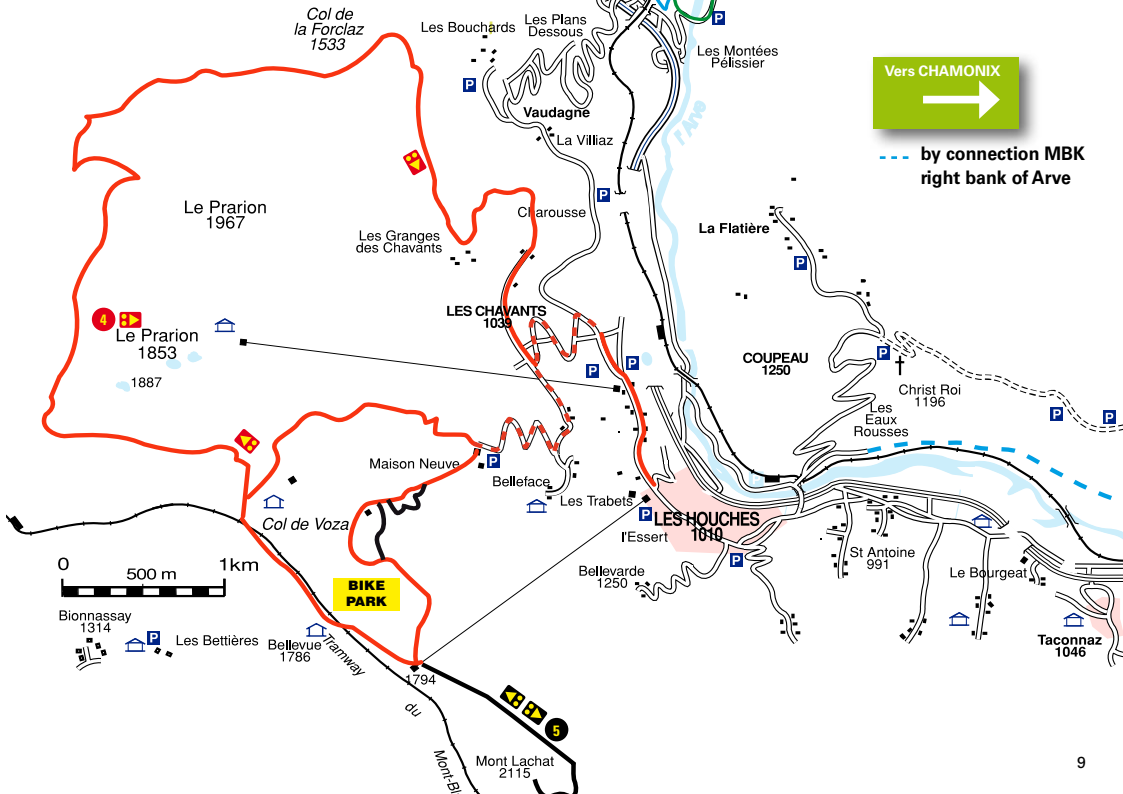
Routes accessible via the Bellevue cable car and the Prarion cabin lift.

5 - Col du Mont-Lachat

1h ↗+ 310 m



This is a short but difficult route. It uses a footpath which starts behind the terrace of the snack-bar of the Bellevue cable car. The difficulty lies in the obstacles and the hard physical nature of the track ; the aim is to do it without putting a foot down. However, it may be necessary to dismount to cross some abrupt schist (rock fissures), about halfway down, where you will need to be very careful. Once you have reached the Col du Mont-Lachat, you can easily push on to the summit 2 115 m. The aerial view points are exceptional all along the route. Return by the same way. Very technical, very physical, the best bikers don't put a foot down except to cross the schist at Mont-lachat.

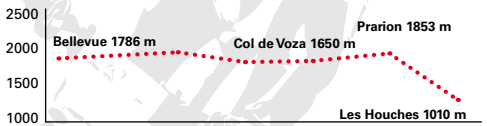


Les Houches

Downhill mountain bike routes are authorised by the mayor and operators must have the correct authorisation to open them to the public.

6 - Descente par le chemin 4x4

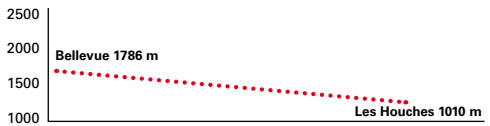
30 min, ↗+ 40 m, ↘- 810 m



From the top of the cable car, cross the Bellevue plateau on the 4x4 track then go down to the Col de Voza, or, from the cabin lift, go down to the Col de Voza. From here you will cross the railway line, climb a litlle way on the far side of the Prarion, before descending again towards Les Houches. Finish at the Belleface junction, return to the village.

7 - La D-Houches

35 min, ↘- 830 m



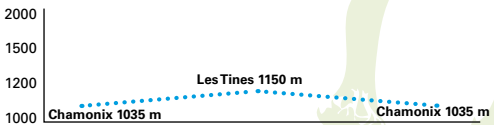
Depart at the top of the cable car. This is THE mountain-bike descent to Les Houches, created in 2008 and forbidden to pedestrians. 600 metres of descent for 5 km of blue/red/black piste through forest track, blue and red single-track areas, blue, red and black north shores, black road gaps, and bridges.

! The D- Houches is only for experts.

Chamonix - Le Lavancher

8 - Chamonix - Les Tines

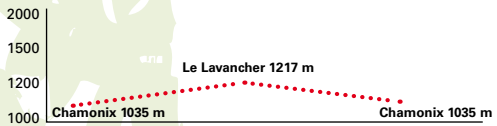
60 min **12 km,** ↗**+ 100 m**



Start from cross-country skiing centre > Bois du Bouchet > Désert Blanc > Norvège > Sources de l'Arveyron > Les Tines > Paradis des Praz > Le Vorgeat > Les Praz > Désert Blanc > Bois du Bouchet > Cross-country skiing centre.

9 - Chamonix - Le Lavancher

90 min **15 km,** ↗**+ 313 m**

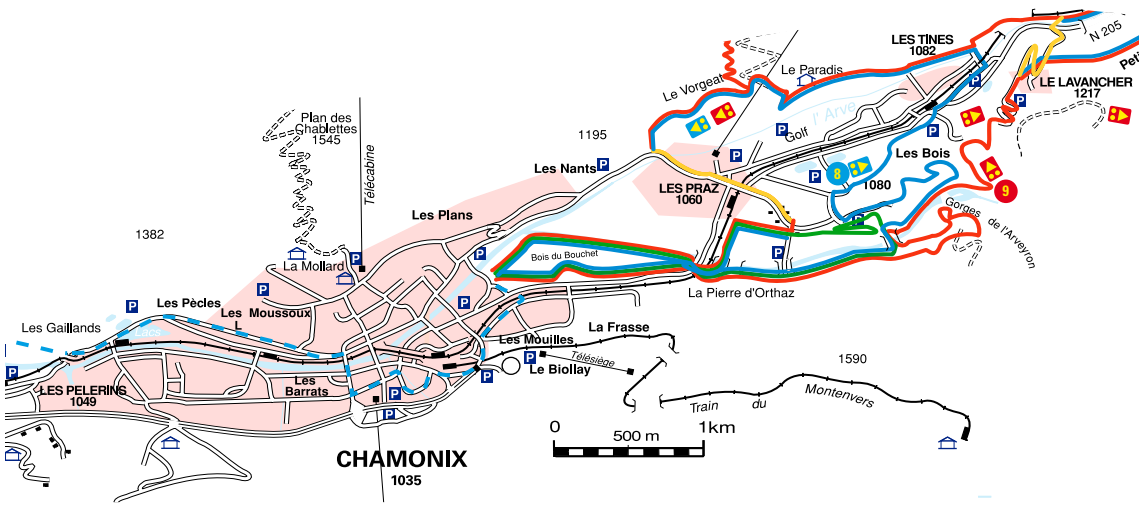


Start from cross-country skiing centre > Bois du Bouchet > Désert Blanc > Norvège > Sources de l'Arveyron > Le Lavancher > Paravalanche de la Pendant > Les Tines > Paradis des Praz > Le Vorgeat > Les Praz > Désert Blanc.

TO LES HOUCHES

TO ARGENTIÈRE

--- by MTB connection right bank of Arve



La Flégère - L'index

LIBERTY RIDE

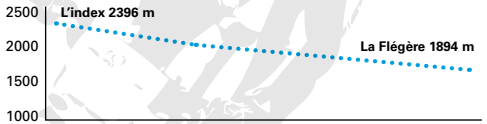
***LIBERTY RIDE** is the perfect setting for discovering mountain biking while experiencing one thrill after another. All the Liberty Ride trails will take you on a journey through space, time and even mythology – It's up to you to explore the wealth of this environment that is unwaveringly oriented towards bringing the pleasure of riding to everyone.*

Beware : tracks subjected to opening by the service of tracks.

OPENED CLOSED

9 - Ushuaïa

2,7 km, ↘- 485 m, Opening hours 9h-18h

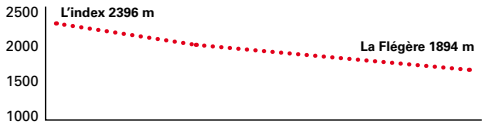


This is a journey to the edge of the world! Ushuaia will take you on a mountain exploration, always with a view to seeking out mountain biking thrills, in complete safety. Ushuaia offers you the chance to discover all the pleasures of mountain biking in easy stages.

! Ushuaia is explorers' territory – before coming on this trip, you must take the explorer's test at the beginning of the trail!

10 - Planet Mars

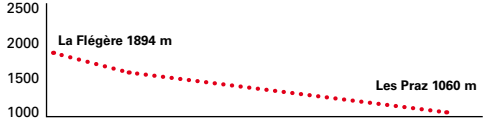
2,3 km, ↘- 485 m - Opening hours 9h-18h



Planet Mars is a very aerial trail with bumps and without a doubt the trail that lets you spend the most time in the air – the many stones and the red autumn leaves will remind you that you are in another world. By the way, did you know that Mount Olympus, the biggest mountain in the solar system, is on Mars? 27 km high! It would seem that it can be also found beside the Planet Mars trail.

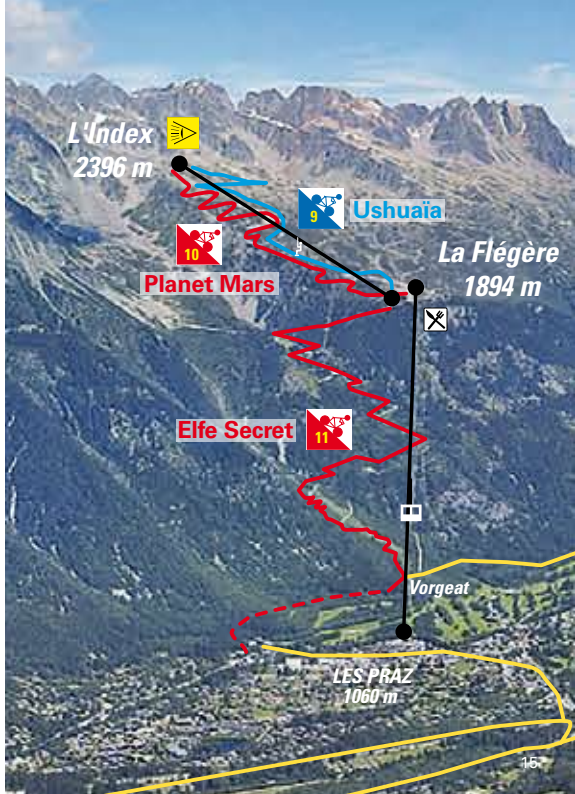
11 - Elfe Secret

5,5 km, ↘- 840 m - Opening hours 9h-18h



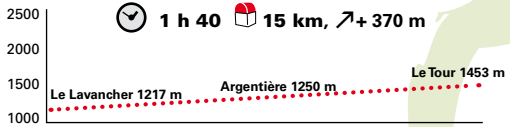
Elfe Secret will take you away from the Alpine pastures and lead you to the bottom of the valley following a route that runs in large part through the forest. Shaded firstly by spruce trees and then by silver birch, you will be able to cover the whole mountain on an easy trail and in complete safety. Sometimes you will even ride over wooden footbridges that will immerse you in this plant kingdom.

! before going on Elfe Secret, you must take the Elfe test at the beginning of the trail!



Le lavancher - Le Tour

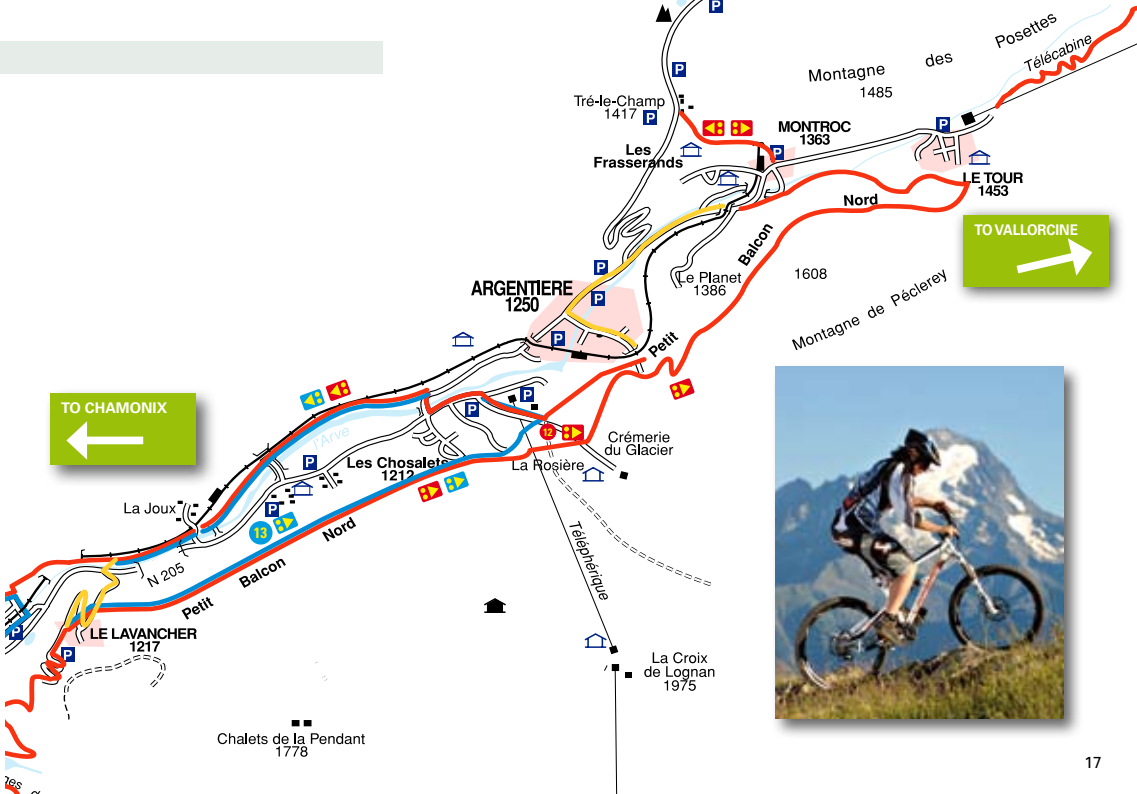
12 - Le Lavancher - Le Tour



Le Lavancher > Chosalets > La Rosière > Le Planet > Le Tour > Ferme de Montroc > Argentière > Paravalanche de la Pendant > Le Lavancher

13 - Le Lavancher - La Rosière

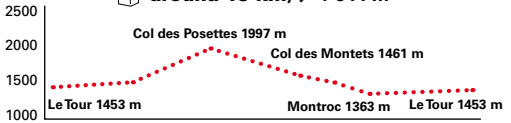
Paravalanche de la Pendant > Les Chosalets > La Rosière > Paravalanche de la Pendant.



Le Tour - Vallorcine

14 - Le Tour to Vallorcine circuit

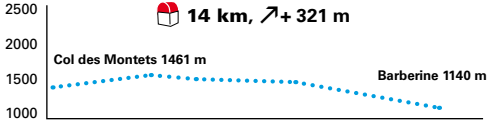
around 15 km, ↗+ 544 m



Depart from the village of Le Tour or the Col de Balme cabin lift > Col des Posettes > Forêt Verte > Vallorcine > Col des Montets > Montroc > le Tour.

16 - The "Sentier des Diligences"

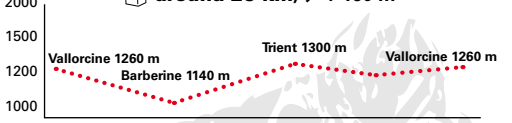
14 km, ↗+ 321 m



Valley floor route, footpath
Depart Col des Montets - right-and side > easy path at the side of the Eau Noire for 4 km, to the hamlet of Morzay (cross the main road) and take the little road on the left as far as the church, then go throught the hamlet of Mollard as far as Barberine > return by the path to the left of the railway.

15 - From Trient to Vallorcine

around 25 km, ↗+ 160 m



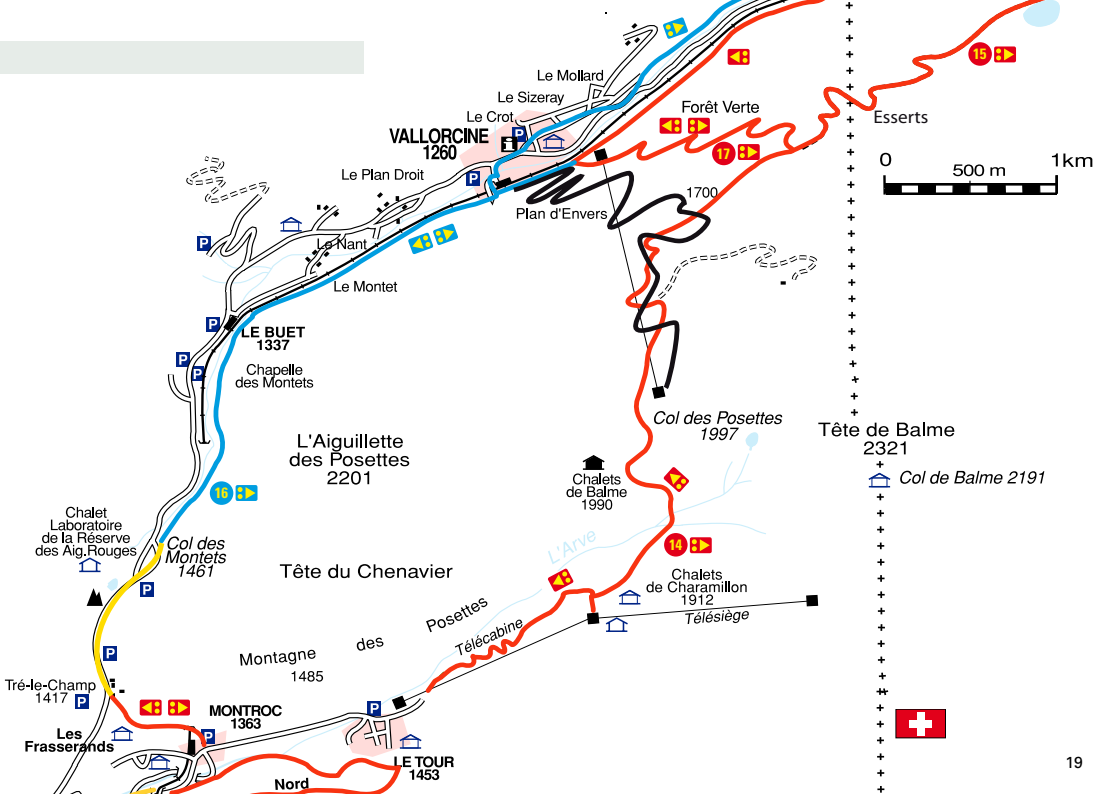
Vallorcine > Barberine > Le Chatelard > Finhaut >Trient > Les Esserts > Fôret verte > Vallorcine.

! This part of the route in Switzerland is marked TCS or TVT (Tour of the Vallée du Trient)

17 - The "Forêt Verte" run

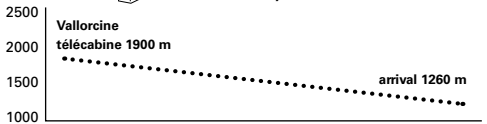
around 3 km, ↗+ 737 m

Depart from behind the Vallorcine station in the Plan Envers hamlet (1260 m) > finish at the Col des Posettes (1997 m) From the Col des Posettes there are several routes of all levels.



18 - Descent route to Vallorcine

around 4 km, ↘- 640 m



Start from the top station of the Vallorcine gondola at 1900m, follow the trail through the rhododendrons, through a fast section with jumps to the entrance to the forest, then a series of technical sections and modules among the larch trees as far as the fôret verte trail where there is a fun finish to the course over different wooden modules.

Emergencies

Rescue	**112**
Fireman	**18**
Police	**17**
S.A.M.U.	**15**
Chamonix Hospital	**04 50 53 84 00**
PGHM	**04 50 53 16 89**

Utiles

Tourist Offices	
- Chamonix	**04 50 53 00 24**
- Argentière	**04 50 54 02 14**
- Les Houches	**04 50 55 50 62**
- Servoz	**04 50 47 21 68**
- Vallorcine	**04 50 54 60 71**
Office de Haute Montagne (OHM) / weather site	**04 50 53 22 08**
Weather forecast Hte-Savoie Mt-Blanc	**08 92 68 02 74**
weather -English	**08 92 70 03 30**
Lifts valley Cie du Mont-Blanc	**04 50 53 22 75**
Lifts Les Houches - Bellevue	**04 50 54 40 32**
Lifts Les Houches - Prarion	**04 50 54 42 65**
S.N.C.F. - Train information and reservations	**08 36 35 35 35**
Chamonix Bus	**04 50 53 05 55**
Taxis	**04 50 53 13 94**
Local Police	**04 50 53 75 02**
	06 25 42 02 32

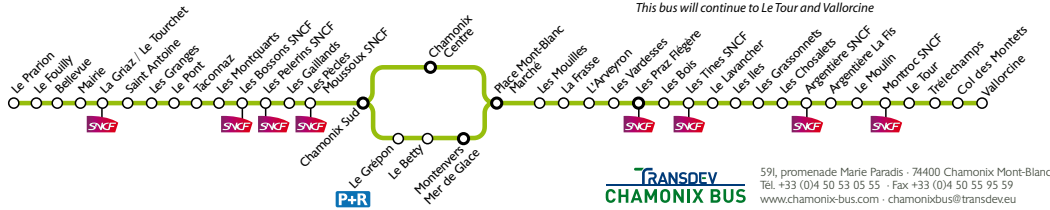
Chamonix - Le Tour - Col des Montets - Vallorcine

Circule **tous les jours du 3 juillet au 27 août 2010**

*Operates **every day from July 3rd to August 27th 2010***

Chamonix Sud	8:58	9:58	13:58	14:58
Chamonix Centre	**9:00**	**10:00**	**14:00**	**15:00**
Place Mont-Blanc - Marché	9:02	10:02	14:02	15:02
La Frasse	9:05	10:05	14:05	15:05
Les Praz - Flégère	9:08	10:08	14:08	15:08
Argentière SNCF	9:18	10:18	14:18	15:18
Le Tour	**9:25**	**10:25**	**14:25**	**15:25**
Col des Montets	9:37	10:37	14:37	15:37
Vallorcine	**9:42**	**10:42**	**14:42**	**15:42**

Vallorcine	**9:45**	**10:45**	**14:45**	**15:45**
Col des Montets	9:50	10:50	14:50	15:50
Le Tour	**10:02**	**11:02**	**15:02**	**16:02**
Argentière SNCF	10:09	11:09	15:09	16:09
Les Praz - Flégère	10:19	11:19	15:19	16:19
La Frasse	10:22	11:22	15:22	16:22
Place Mont-Blanc - Marché	10:24	11:24	15:24	16:24
Chamonix Centre	**10:26**	**11:26**	**15:26**	**16:26**
Chamonix Sud	10:28	11:28	15:28	16:28



Chamonix - Les Houches

Circule **tous les jours du 3 juillet au 27 août 2010**

*Operates **every day from July 3rd to August 27th 2010***

			*	*
Place Mont-Blanc - Marché	9:00	14:00	**Le Prarion**	**9:40**	**14:40**
Chamonix Centre	**9:02**	**14:02**	Bellevue	9:42	14:42
Chamonix Sud	9:04	14:04	Mairie	9:43	14:43
Les Bossons SNCF	9:10	14:10	St Antoine	9:45	14:45
St Antoine	9:16	14:16	Les Bossons SNCF	9:52	14:52
Mairie	9:18	14:18	Chamonix Sud	9:58	14:58
Bellevue	9:19	14:19	**Chamonix Centre**	**10:00**	**15:00**
Le Prarion	**9:22**	**14:22**	Place Mont-Blanc - Marché	10:02	15:02

* Ce bus continue vers Le Tour et Vallorcine

This bus will continue to Le Tour and Vallorcine

TRANSDEV CHAMONIX BUS
59I, promenade Marie Paradis · 74400 Chamonix Mont-Blanc
Tél. +33 (0)4 50 53 05 55 · Fax +33 (0)4 50 55 95 59
www.chamonix-bus.com · chamonixbus@transdev.eu

SNCF / Schedules from June 12th to September 12th 2010

MARTIGNY • CHAMONIX • SAINT-GERVAIS

Numéro de circulation TMR		2	4			6	8	42	10		12	44	14	16	18	20	22a	22b	24		46	26	28	30	32	34	36	38
		6	Q			Q	Q	Q	Q		Q	Q	Q	Q	Q	Q	Q	5	Q		4	5	Q	Q	Q	Q	Q	3
MARTIGNY			**5.38**			**6.40**	**8.01**	**8.43**	**9.01**		**10.01**	**10.43**	**11.01**	**12.01**	**13.01**	**14.01**	**15.01**		**16.01**		**16.43**	**17.01**	**18.01**	**19.01**	**20.01**	**21.22**	**22.22**	**23.27**
LES FUMEAUX	X		5.39			6.41	8.02	8.44	I		10.02	10.44	I	12.02	13.02	14.02	15.02		16.02		16.44	17.02	18.02	19.02	20.02	21.23	22.23	23.28
VERNAYAZ		5.00	5.43			6.46	8.06	8.48	I		10.06	10.48	I	12.06	13.06	14.06	15.06		16.06		16.48	17.06	18.06	19.06	20.06	21.27	22.27	23.32
SALVAN		5.10	5.54			6.57	8.17	8.59	I		10.17	10.59	I	12.17	13.17	14.17	15.17		16.17		16.59	17.17	18.17	19.17	20.17	21.38	22.38	23.43
LES MARÉCOTTES		**5.14**	**5.58**			**7.01**	**8.21**	**9.03**	**9.20**		**10.21**	**11.03**	**11.20**	**12.21**	**13.21**	**14.21**	**15.21**		**16.21**		**17.03**	**17.21**	**18.21**	**19.21**	**20.21**	**21.42**	**22.42**	**23.47**
LA MÉDETTAZ	X	5.15	5.59			7.02	8.22	9.04	I		10.22	11.04	I	12.22	13.22	14.22	15.22		16.22		17.04	17.22	18.22	19.22	20.22	21.43	22.43	23.48
LE TRÉTIEN	X	5.18	6.03			7.05	8.25	9.07	I		10.25	11.07	I	12.25	13.25	14.25	15.25		16.25		17.07	17.25	18.25	19.25	20.25	21.46	22.46	23.51
FINHAUT		**5.26**	**6.10**			**7.13**	**8.33**	**9.17**	**9.32**		**10.33**	**11.17**	**11.32**	**12.33**	**13.33**	**14.33**	**15.33**		**16.33**		**17.17**	**17.33**	**18.33**	**19.33**	**20.33**	**21.54**	**22.55**	**23.59**
CHÂTELARD-VS	X	5.33	6.17			7.20	8.40	9.23	▲9.40		10.40	11.23	▲11.40	12.40	13.40	14.40	15.40		16.40		17.23	17.40	18.40	19.40	20.40	22.01	23.01	00.06
CHÂTELARD Frontière	**A**	**5.37**	**6.21**			**7.23**	**8.44**	**9.27**	**9.42**		**10.44**	**11.26**	**11.42**	**12.44**	**13.44**	**14.44**	**15.44**		**16.44**		**17.27**	**17.44**	**18.44**	**19.44**	**20.44**	**22.05**	**23.05**	**00.10**
CHÂTELARD Frontière	**D**					**7.31**	**8.45**		**9.45**		**10.45**		**11.45**	**12.45**	**13.45**	**14.45**		**15.45**	**16.45**				**17.45**	**18.45**	**19.45**			
VALLORCINE	**A**					**7.37**	**8.51**		**9.51**		**10.51**		**11.51**	**12.51**	**13.51**	**14.51**		**15.51**	**16.51**				**17.51**	**18.51**	**19.51**			

Numéro de circulation SNCF		BUS	18902	18950	18904	18906	18908		18910	18958	18912		18914	18916	18918	18920		18922	18924	18962		18926	18928	18930
		1	2	1	Q	8	Q		Q	Q	Q		Q	Q	Q	Q		Q	Q	Q		Q	Q	Q
VALLORCINE	**D**			**6.16**	**7.00**	**8.00**	**9.00**		**10.00**	**10.30**	**11.00**		**12.00**	**13.00**	**14.00**	**15.00**		**16.00**	**16.56**	**17.23**		**18.00**	**19.00**	**20.00**
LE BUET				6.19	7.04	8.04	9.04		10.04	10.34	11.04		12.04	13.04	14.04	15.04		16.04	17.00	17.27		18.04	19.04	20.04
MONTROC LE PLANET				6.26	7.11	8.11	9.11		10.11	10.44	11.11		12.11	13.11	14.11	15.11		16.11	17.10	17.34		18.11	19.11	20.11
ARGENTIÈRE				**6.33**	**7.16**	**8.16**	**9.16**		**10.16**	**10.49**	**11.16**		**12.16**	**13.16**	**14.16**	**15.16**		**16.16**	**17.15**	**17.39**		**18.16**	**19.16**	**20.16**
LA JOUX	X			6.37	7.21	8.21	9.21		10.21	10.54	11.21		12.21	13.21	14.21	15.21		16.21	17.21	17.43		18.21	19.21	20.21
LES TINES				6.42	7.26	8.26	9.26		10.26	10.59	11.26		12.26	13.26	14.26	15.26		16.26	17.26	17.49		18.26	19.26	20.26
LES PRAZ				6.46	7.29	8.29	9.29		10.29	11.02	11.29		12.29	13.29	14.29	15.29		16.29	17.29	17.52		18.29	19.29	20.29
CHAMONIX MT-BLANC	**A**			**6.51**	**7.33**	**8.33**	**9.33**		**10.33**	**11.07**	**11.33**		**12.33**	**13.33**	**14.33**	**15.33**		**16.33**	**17.33**	**17.56**		**18.33**	**19.33**	**20.33**
CHAMONIX MT-BLANC	**D**	**6.38**	**6.38**	**6.53**	**7.38**	**8.38**	**9.38**		**10.38**				**12.38**	**13.38**	**14.38**	**15.38**		**16.38**	**17.38**			**18.38**	**19.38**	
AIGUILLE DU MIDI		I	6.40	6.55	7.40	8.40	9.40		10.40				12.40	13.40	14.40	15.40		16.40	17.40			18.40	19.40	
LES MOUSSOUX	X	6.41	6.41	6.57	7.41	8.41	9.41		10.41				12.41	13.41	14.41	15.41		16.41	17.41			18.41	19.41	
LES PÉLERINS		6.43	6.43	6.59	7.43	8.43	9.43		10.43				12.43	13.43	14.43	15.43		16.43	17.43			18.43	19.43	
LES BOSSONS		**6.47**	**6.47**	**7.05**	**7.47**	**8.47**	**9.47**		**10.47**				**12.47**	**13.47**	**14.47**	**15.47**		**16.47**	**17.47**			**18.47**	**19.47**	
TACONNAZ	X	6.49	6.49	7.09	7.49	8.49	9.49		10.49				12.49	13.49	14.49	15.49		16.49	17.49			18.49	19.49	
LES HOUCHES		**6.57**	**6.57**	**7.17**	**7.57**	**8.57**	**9.57**		**10.57**				**12.57**	**13.57**	**14.57**	**15.57**		**16.57**	**17.57**			**18.57**	**19.57**	
VIADUC STE MARIE	X	I	6.59	7.19	7.59	8.59	9.59		10.59				12.59	13.59	14.59	15.59		16.59	17.59			18.59	19.59	
VAUDAGNE	X	I	7.01	7.21	8.01	9.01	10.01		11.01				13.01	14.01	15.01	16.01		17.01	18.01			19.01	20.01	
SERVOZ		**7.07**	**7.07**	**7.26**	**8.07**	**9.07**	**10.07**		**11.07**				**13.07**	**14.07**	**15.07**	**16.07**		**17.07**	**18.07**			**19.07**	**20.07**	
CHEDDE		7.15	7.15	7.37	8.15	9.15	10.15		11.15				13.15	14.15	15.15	16.15		17.15	18.15			19.15	20.15	
ST GERVAIS-LE FAYET		**7.20**	**7.20**	**7.41**	**8.20**	**9.20**	**10.20**		**11.20**				**13.20**	**14.20**	**15.20**	**16.20**		**17.20**	**18.20**			**19.20**	**20.20**	

Q : Circule tous les jours / *Runs daily* / Circola tutti i giorni
D : Départ / *Departure Time* / Partenza **A :** Arrivée / *Arrival Time* / Arrivo

Périmètre de validité de la carte d'hôte / *The Guest Pass is valid in these stations* / Zona di validità della carta Ospite

SAINT-GERVAIS • CHAMONIX • MARTIGNY

Numéro de circulation SNCF				18907	18951	18909		18911	18955	18913		18915	18917	18919	18921		18923	18925	18959	18927	18929	18931	18933	18935		
				8	7	Q		Q	Q	Q		Q	Q	Q	Q		Q	Q	Q	Q	Q	Q	Q	Q		
ST GERVAIS-LE FAYET				**6.32**	**6.52**	**7.31**		**8.32**		**9.32**		**10.32**		**12.32**	**13.32**			**15.32**		**16.32**	**17.32**	**18.32**	**19.32**	**20.32**		
CHEDDE				6.37	6.57	7.36		8.37		9.37		10.37		12.37	13.37			15.37		16.37	17.37	18.37	19.37	20.37		
SERVOZ				**6.45**	**7.07**	**7.45**		**8.45**		**9.45**		**10.45**		**12.45**	**13.45**			**15.45**		**16.45**	**17.45**	**18.45**	**19.45**	**20.45**		
VAUDAGNE	X			6.49	7.11	7.49		8.49		9.49		10.49		12.49	13.49			15.49		16.49	17.49	18.49	19.49	20.49		
VIADUC STE MARIE	X			6.53	7.14	7.53		8.53		9.53		10.53		12.53	13.53			15.53		16.53	17.53	18.53	19.53	20.53		
LES HOUCHES				**6.56**	**7.18**	**7.56**		**8.56**		**9.56**		**10.56**		**12.56**	**13.56**			**15.56**		**16.56**	**17.56**	**18.56**	**19.56**	**20.56**		
TACONNAZ	X			7.00	7.22	8.00		9.00		10.00		11.00		13.00	14.00			16.00		17.00	18.00	19.00	20.00	21.00		
LES BOSSONS				**7.04**	**7.26**	**8.04**		**9.04**		**10.04**		**11.04**		**13.04**	**14.04**			**16.04**		**17.04**	**18.04**	**19.04**	**20.04**	**21.04**		
LES PÉLERINS				7.06	7.28	8.06		9.06		10.06		11.06		13.06	14.06			16.06		17.06	18.06	19.06	20.06	21.06		
LES MOUSSOUX	X			7.08	7.30	8.08		9.08		10.08		11.08		13.08	14.08			16.08		17.08	18.08	19.08	20.08	21.08		
AIGUILLE DU MIDI				7.10	7.32	8.10		9.10		10.10		11.10		13.10	14.10			16.10		17.10	18.10	19.10	20.10	21.10		
CHAMONIX MT-BLANC	**A**			**7.12**	**7.34**	**8.12**		**9.12**		**10.12**		**11.12**		**13.12**	**14.12**			**16.12**		**17.12**	**18.12**	**19.12**	**20.12**	**21.12**		
CHAMONIX MT-BLANC	**D**			**7.16**	**7.37**	**8.16**		**9.16**	**9.45**	**10.16**		**11.16**	**12.16**	**13.16**	**14.16**		**15.16**	**16.16**	**16.44**	**17.16**	**18.16**	**19.16**	**20.16**			
LES PRAZ				7.21	7.42	8.21		9.21	9.50	10.21		11.21	12.21	13.21	14.21		15.21	16.21	16.49	17.21	18.21	19.21	20.21			
LES TINES				7.27	7.47	8.27		9.27	9.54	10.27		11.27	12.27	13.27	14.27		15.27	16.27	16.53	17.27	18.27	19.27	20.27			
LA JOUX	X			7.31	7.51	8.31		9.31	9.58	10.31		11.31	12.31	13.31	14.31		15.31	16.31	16.57	17.31	18.31	19.31	20.31			
ARGENTIÈRE				**7.36**	**7.56**	**8.36**		**9.36**	**10.04**	**10.36**		**11.36**	**12.36**	**13.36**	**14.36**		**15.36**	**16.36**	**17.03**	**17.40**	**18.36**	**19.36**	**20.36**			
MONTROC LE PLANET				7.42		8.42		9.42	10.12	10.42		11.42	12.42	13.42	14.42		15.42	16.42	17.09	17.46	18.42	19.42	20.42			
LE BUET				7.48		8.48		9.48	10.18	10.48		11.48	12.48	13.48	14.48		15.48	16.48	17.14	17.52	18.48	19.48	20.48			
VALLORCINE	**A**			**7.52**		**8.52**		**9.52**	**10.22**	**10.52**		**11.52**	**12.52**	**13.52**	**14.52**		**15.52**	**16.52**	**17.18**	**17.56**	**18.52**	**19.52**	**20.52**			

Numéro de circulation TMR		3	5	7		9	43	11		13	45	15	17	19	21	47	23	25		27	29	31		33	35	37
		6	Q	8		Q	Q	Q		Q	Q	Q	Q	Q	Q	4	5	Q		Q	Q	Q		Q	Q	Q
VALLORCINE	**D**			**7.59**		**8.59**		**9.59**		**10.59**		**11.59**	**12.59**	**13.59**	**14.59**		**15.59**	**16.59**		**17.59**	**18.59**	**19.59**				
CHÂTELARD Frontière	**A**			**8.05**		**9.05**		**10.05**		**11.05**		**12.05**	**13.05**	**14.05**	**15.05**		**16.05**	**17.05**		**18.05**	**19.05**	**20.05**				
CHÂTELARD Frontière	**D**	**5.46**	**6.33**	**8.08**		**9.08**	**9.52**	**10.08**		**11.08**	**11.52**	**12.08**	**13.08**	**14.08**	**15.08**	**15.52**	**16.08**	**17.08**		**18.08**	**19.08**	**20.08**		**21.13**	**22.13**	**23.13**
CHÂTELARD-VS	X	5.48	6.35	8.10		9.10	9.54	▲10.10		11.10	11.54	▲12.10	13.10	14.10	15.10	15.54	16.10	17.10		18.10	19.10	20.10		21.15	22.15	23.15
FINHAUT		**5.55**	**6.42**	**8.17**		**9.17**	**10.01**	**10.16**		**11.17**	**12.01**	**12.16**	**13.17**	**14.17**	**15.17**	**16.01**	**16.17**	**17.17**		**18.17**	**19.17**	**20.17**		**21.22**	**22.22**	**23.22**
LE TRÉTIEN	X	6.03	6.50	8.25		9.25	10.08	I		11.25	12.08	I	13.25	14.25	15.25	16.08	16.25	17.25		18.25	19.25	20.25		21.29	22.29	23.29
LA MÉDETTAZ	X	6.07	6.53	8.28		9.28	10.12	I		11.28	12.12	I	13.28	14.28	15.28	16.12	16.28	17.28		18.28	19.28	20.28		21.33	22.33	23.33
LES MARÉCOTTES		**6.08**	**6.54**	**8.29**		**9.29**	**10.13**	**10.28**		**11.29**	**12.13**	**12.28**	**13.29**	**14.29**	**15.29**	**16.13**	**16.29**	**17.29**		**18.29**	**19.29**	**20.29**		**21.34**	**22.34**	**23.34**
SALVAN		6.12	6.58	8.33		9.33	10.17	I		11.33	12.17	I	13.33	14.33	15.33	16.17	16.33	17.33		18.33	19.33	20.33		21.38	22.38	23.43
VERNAYAZ		6.27	7.13	8.48		9.48	10.31	I		11.48	12.31	I	13.48	14.48	15.48	16.31	16.47	17.47		18.47	19.47	20.48		21.52	22.53	23.57
LES FUMEAUX	X	6.32	7.19	8.54		9.54	10.37	I		11.54	12.37	I	13.54	14.54	15.54	16.37	16.54	17.54		18.54	19.54	20.54		21.58	I	I
MARTIGNY		**6.33**	**7.20**	**8.55**		**9.55**	**10.38**	**10.55**		**11.55**	**12.38**	**12.55**	**13.55**	**14.55**	**15.55**	**16.38**	**16.55**	**17.55**		**18.55**	**19.55**	**20.55**		**21.59**	**22.59**	**00.04**

Jours fériés en France : 14/07 et 15/08 - Fêtes générales en Suisse et Valais : 01/08 et 15/08

1 - Circule tous les jours sauf les samedis,dimanches et fêtes françaises, ne circule pas du 03/07 au 01/09.
2 - Circule les samedis, dimanches et fêtes françaises. Circule tous les jours du 03/07 au 01/09.
3 - Circule les vendredis et samedis. Arrêt seulement pour descente entre La Médettaz et Le Châtelard-Fre.
4 - Circule les lundis, mardis, jeudis, vendredis jusqu'au 25/06 et à partir du 16/08.
5 - Circule tous les jours du 26/06 au 15/08. Circule les mercredis, samedis, et dimanches jusqu'au 23/06 et à partir du 18/08.
6 - Ne circule pas les samedis, dimanches et fêtes générales en Suisse.
7 - Circule tous les jours jusqu'au 30/06 et à partir du 01/09.
8 - Circule tous les jours du 01/07 au 31/08.

▲ : Arrêt uniquement pour permettre la descente.
X : Arrêt sur demande. Les voyageurs sont invités à monter dans la voiture de tête.
En France, les vélos sont limités à 5 par train. En cas d'affluence, le personnel de la SNCF se réserve le droit de refuser l'accès aux vélos. En Suisse, le transport des vélos est payant.

CHAMONIX MONT-BLANC PRÉSENTE

L'APPEL DE LA NATURE

ÊTES-VOUS PRÊT ?

SORTIE OFFICIELLE PRINTEMPS/ÉTÉ 2010 – RÉSERVEZ DÈS MAINTENANT : WWW.CHAMONIX.COM

NATURE : LE MASSIF DU MONT-BLANC / LES GLACIERS DE LA VALLÉE DE CHAMONIX / LA RÉSERVE NATURELLE DES AIGUILLES ROUGES. **SPORTS :** ALPINISME / RANDONNÉE / TOUR DU MONT-BLANC / ESCALADE / PARAPENTE / CANYONING / RAFTING / VTT / GOLF 18 TROUS / TENNIS / CENTRE NAUTIQUE. **BIEN-ÊTRE :** SPAS / MASSAGES / TERRASSES AU SOLEIL / TRANSATS FACE AU MONT-BLANC. **ÉVÈNEMENTS :** MARATHON DU MONT-BLANC / COUPE DU MONDE D'ESCALADE / COSMO JAZZ FESTIVAL / FESTIVAL MUSICALTITUDE / FÊTE DES GUIDES / THE NORTH FACE® ULTRA-TRAIL DU MONT-BLANC® / TRAIL DES AIGUILLES ROUGES.

chamonix MONT-BLANC

Photo : Mario Colonel - OT Chamonix - Exploratio